**HEALTH EDUCATION - GRADE 7 EXAMS TERM 1 2023**

**Define the following terms.**

1. Health (2mks)
2. Health education (2mks)
3. State three importance of health education for healthy living. (3mks)
4. Grade 7 pupils from a certain school were asked to identify career opportunities related to Health Education. List 4 career opportunities they most likely stated. (4mks)
5. Name two Health Education related activities you can do at school? (2mks)
6. Explain the cause of the following nutritional deficiencies and disorders. (3mks)
	1. Goitre
	2. Constipation
	3. Marasmus
7. The diagram below shows a patient suffering from a certain nutritional disorder.

State three signs and symptoms of the above disorder. (3mks).
8. During Health Education lesson, Halima was asked by her teacher to prepare a list of meal that contain all macro-nutrients. Name the three macro-nutrients found in food she listed. (3mks)
9. State three examples of non-communicable diseases and disorders. (3mks)
10. On her way back home from school, Anita met a patient with seizure and he kept on jerking his arms and legs. The above patient was most likely suffering from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1mk)
11. Explain how Anita can offer first aid to the patient in question 10. (3mks)

**MARKING SCHEME**

1. Health-The state of being free from illness or injuries.
2. Health Education-Education that promotes an understanding of how to maintain personal health
3. Importance of health education for healthy living.
	* It teaches about physical, mental, emotional and social health
	* It boosta communitys economy by reducing the amount of money spent in healthcare
	* It motivates people to improve and maintain their health
	* Health education makes us live longer lives
	* It helps to prevent disease
	* It offers health trelated career opportunities.
4. Career opportunities related to health education
	* Public health officer
	* Doctors
	* Nurses
	* Psychologists
	* Nutritionist
	* Health promotion offers
	* Physiotherapists
5. Examples of health related activities at school
	* Washing of hands
	* Physics
	* Keeping the environment clean
	* Boiling or treating drinking water
	* Eating healthy food
6. Goitre is caused by lack of iodine in the body Constipation is caused by not eating enough fibre
Marasmus is caused not eating enough of balanced diet.
7. Signs and symptoms of marasmus
	* Almost all the muscles disappear
	* The child looks sad
	* Wrinkled skin
	* Severe loss of weight
	* The child looks like anold person
8. * Macro-nutrients
	* Proteins
	* Carbohydrates
	* Fats/Lipids
	* Others live vitamins and minerlas are micro-nutrients,
9. Examples of non-communicable diseases and disorders
	* Diabetes
	* Obesity
	* Hypertensiom
	* Epilepsy
	* Asthma
	* Heart diseases
	* Cancer
10. The patient was suffering from epilepsy
11. First aid services to an epileptic person
	* Keep other people out of the way
	* Clear hard or sharp objects away from the person
	* Don't try to hold them down or stop the movement
	* Don't put anything in their mouth.
	* Loosen any tight clothing.